

## ABSTRACT

An apparatus is disclosed including a left end piece, a right end piece, and a pillow. The left end piece may have a recess into which a left portion of the pillow can be inserted. The right end piece may have a recess into which a right portion of the pillow can be inserted. The pillow may be substantially softer than the left end piece and the right end piece. The pillow, the left end piece, and the right end piece can be inserted into a sleeve.